

Caribbean Bean Salad (FDD)

Makes: 4 Servings

This recipe uses fresh oranges. Juicy and delicious, fresh oranges brighten this Caribbean Bean Salad recipe.

Ingredients

- 4 cups** romaine lettuce (chopped)
- 1/4 cup** red onion (chopped)
- 1 cup** canned black beans (drained and rinsed)
- 1** orange (peeled and chopped)
- 1** tomato (chopped)
- 1 tablespoon** vegetable oil
- 3 tablespoons** red wine vinegar (if you like)
- 1 teaspoon** dried oregano (if you like)
- black pepper (to taste)

Directions

1. Toss all ingredients together in large salad bowl. If using red wine vinegar and oregano, add that too.
2. Serve right away or refrigerate up to one hour and then serve.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	70 mg
Total Carbohydrate	18 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	64 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available